

Solanco High School Menu

Sep-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Chicken Parmesan over WG Pasta Garlic Breadstick Green Beans Fruit Milk	4 Pancakes w/syrup Sausage Patties Hash Browns Fruit Milk	5 Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Choice of Fruit and Milk	6 Meatball Sub on WG Roll Onion Rings Broccoli Fruit Milk
9 Traveling Taco Lettuce/Cheese/Salsa Refried Beans Corn Fruit Milk	10 Cowboy Quessadilla Texas Ranchero Beans Hush Puppies Fresh Veggies & Dip Choice of Fruit and Milk	11 General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Choice of Fruit and Milk	12 Hot Ham and Cheese on a Pretzel Roll French Fries Mixed Veggies Fruit Milk	13 Buffalo Chicken Pizza Tossed Salad Whole Grain Cookie Fruit Milk
16 Wings Tater Tots Whole Grain Roll Celery Sticks Fruit Milk	17 Bacon Cheeseburger on WG Bun Baked Beans Onion Rings Fruit Milk	18 Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Breadstick Choice of Fruit and Milk	19 Mac and Cheese Stewed Tomatoes Steamed Broccoli Garlic Breadstick Fruit Milk	20 Chicken Tenders Whole Grain Dinner Roll Mixed Veggies Curly Fries Fruit Milk
23 Tangerine Chicken Brown Rice Oriental Vegetable Blend Fruit Milk	24 Cheese Steak Sub On WG Roll W/Peppers and Onions Cheese Sauce Sweet Potato Puffs Fruit Milk	25 Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes & Gravy Corn Choice of Fruit and Milk	26 Nacho Grande with Tortilla Chips Lettuce/Cheese/Corn/Salsa Refried Beans Fruit Milk	27 Pizza Cheese Crunchers served w/ marinara sauce Tossed Salad Fruit Milk
30 Pulled Pork Totchos Pork BBQ, Beans, and Cheese served Over Tator Tots Mixed Vegetables Choice of Fruit and Milk				

Menu subject to change without notice
Student Lunch \$2.50
Milk \$.50

Carrot Sticks and Hot Vegetable of the day, Fresh/Canned Fruit offered everyday

Breakfast Served Daily
7:15 am - 7:40 am
FREE FOR ALL STUDENTS

In addition to the entrees listed above, the cafeteria also offers a variety of hot & cold sandwiches and premade salads

"This institution is an equal opportunity provider."